

THE TL;DR: MDMA IS FUN, BUT IT'S ALSO TOXIC AND PRETTY HARD ON YOUR BODY, WHICH IS WHY SO MANY PEOPLE FEEL AWFUL FOR DAYS OR WEEKS AFTER TAKING IT. FORTUNATELY, THROUGH THE POWER OF SCIENCE, GNARLY MDMA HANGOVERS ARE NOW LARGELY PREVENTABLE! THE ADVANCED SUPPLEMENTS IN THIS MDMA HARM REDUCTION KIT CAN HELP YOU PARTY LIKE A ROCKSTAR WITHOUT FEELING SHITTY AND SAD IN THE DAYS AFTERWARDS.

MDMA SAFETY

PURE **MDMA** IS RELATIVELY SAFE AS LONG AS YOU STAY HYDRATED, CONSUME ELECTROLYTES, TAKE REASONABLE-SIZED DOSES, MEASURE WITH A SCALE INSTEAD OF FINGERDIPPING LIKE AN IDIOT FROM THE **90'S**, REDOSE ONLY ONCE AT A LOW DOSAGE (OR NOT AT ALL), AND AVOID OVERHEATING FROM DANCING ENDLESSLY OR HAVING SWEATY SEX FOR HOURS IN THE VAIN HOPE OF HAVING AN ORGASM. (SORRY, AIN'T GONNA HAPPEN.)

EVEN WHEN FOLLOWING THESE BEST PRACTICES, THE REAL PROBLEM IS THAT **MDMA HELLA NEUROTOXIC** AND CAUSES OXIDATIVE STRESS THAT DAMAGES YOUR BODY AT THE CELLULAR LEVEL. **MDMA IS ALSO EXCITOTOXIC**, RELEASING AN OVERABUNDANCE OF NEUROTRANSMITTERS WHICH AMP UP YOUR BODY AND DAMAGE OR EVEN KILL OFF NEURONS ENTIRELY. IN ADDITION, IT'S COMMONLY KNOWN THAT **MDMA DEPLETES SEROTONIN LIKE A MOTHERFUCKER** AND MAKES IT HARDER FOR YOUR BODY TO RESTORE SEROTONIN LEVELS IN THE DAYS AND WEEKS AFTERWARDS.

THIS COMBINATION OF FACTORS IS WHY SO MANY PEOPLE FEEL SHITTY AND SAD AFTER TAKING **MDMA**.

DAMMIT. SO WHAT CAN I DO TO FEEL HUMAN AFTER I ROLL?

TAKE THESE TARGETED STACKS OF ADVANCED HARM REDUCTION SUPPLEMENTS, BRUH! **PEOPLE WHO'VE TAKEN THESE STACKS AS DIRECTED GENERALLY EXPERIENCE A SIGNIFICANT REDUCTION IN MDMA-INDUCED HANGOVER SYMPTOMS AND ARE ABLE TO ENJOY THE AFTERGLOW OF THEIR EXPERIENCE WITHOUT FEELING SHITTY AND SAD.**

HERE'S THE CAVEAT: THESE SUPPLEMENTS WILL MAKE YOU FEEL WAY BETTER AFTER A NIGHT OF REASONABLE **MDMA** USE. THEY WILL NOT SAVE YOUR ASS FROM BEING CRACKED OUT IF YOU DECIDE TO TAKE **300MG** IN A NIGHT OR PILE A BUNCH OF OTHER DRUGS ON TOP OF YOUR **MDMA**. YOUR BODY STILL HAS LIMITS. IGNORE THEM AT YOUR OWN RISK.

ARE THESE SUPPLEMENTS SAFE?

YEP! THE SAFETY AND EFFICACY OF EVERY SUPPLEMENT IN THIS STACK HAS BEEN RESEARCHED IN DEPTH, CROSS-CHECKED WITH STUDIES ON **PUBMED** WHENEVER POSSIBLE,, AND TESTED BY A BUNCH OF PEOPLE WHO KNOW WHAT'S UP TO ENSURE THAT THEY DO WHAT THEY'RE SUPPOSED TO.

HERE'S THE TRICKY PART: **UNDER US LAW, SUPPLEMENT MANUFACTURERS ARE NOT REQUIRED TO PROVE THAT THEIR PRODUCTS ARE PURE, SAFE, OR EVEN CONTAIN THE COMPOUNDS ADVERTISED.** AS A RESULT THERE'S A LOT OF BULLSHIT ON THE MARKET, SOME OF WHICH IS JUST A WASTE OF MONEY AND SOME OF WHICH CAN ACTUALLY BE DANGEROUS.

TO COUNTERACT THIS ISSUE, EVERY SUPPLEMENT IN THIS STACK HAS BEEN SOURCED FROM MANUFACTURERS WHO DO EXTENSIVE LAB TESTING AND/OR FOLLOW **NSF INTERNATIONAL'S GOOD MANUFACTURING PRACTICES (GMP'S)** FOR DIETARY SUPPLEMENTS. ALL DOSAGES HAVE BEEN SET AT THE UPPER END OF SAFE RANGES FOR MAXIMUM BENEFIT.

CAUTION: IT'S REAL IMPORTANT TO CHECK CONTRAINDICATIONS FOR ANY DRUGS OR SUPPLEMENTS YOU PUT IN YOUR BODY. THERE ARE A NUMBER OF MEDICATIONS AND HEALTH CONDITIONS WHICH COULD CAUSE ISSUES IF YOU TAKE THESE SUPPLEMENTS. PLEASE READ THE LIST ON THE BACK TO ENSURE YOU'RE IN THE CLEAR BEFORE YOU TAKE THESE SUPPLEMENTS.

PLAY SAFE AND HAVE FUN!

MDMA HARM REDUCTION STACK INGREDIENTS

MDMA PRESTACK (TAKE 1 HOUR BEFORE DOSING YOUR MDMA)

THIS MDMA PRESTACK PROVIDES COMPREHENSIVE PROTECTION AGAINST NEUROTOXICITY AND EXCITOTOXICITY FOR THE DURATION OF YOUR EXPERIENCE.

NA-R-ALA: 100MG (NOOTROPICS DEPOT)

POTENT ANTIOXIDANT. **NA-R-ALA** IS USED BECAUSE IT LASTS LONGER AND IS MORE POTENT THAN REGULAR **ALA**.

MAGNESIUM GLYCINATE: 1600MG (208MG ELEMENTAL MAGNESIUM) (NOOTROPICS DEPOT)

PREVENTS EXCITOTOXICITY. **MAGNESIUM** ALSO RELAXES MUSCLE TISSUE, WHICH HELPS TO PREVENT JAW CLENCHING.

VITAMIN C w/ CITRUS FLAVONOIDS: 1000MG (THORNE RESEARCH)

ANOTHER POTENT ANTIOXIDANT WHICH PREVENTS NEUROTOXICITY.

TUMS – 2000MG

VITAMIN C INCREASES YOUR STOMACH'S ACIDITY, WHICH MAKES IT HARD FOR YOUR BODY TO ABSORB **MDMA** EFFICIENTLY. **TUMS** LOWERS STOMACH ACIDITY, NEUTRALIZING THE **VITAMIN C** AND MAKING YOU ROLL HARDER.

NOTE: THESE WHITE CIRCULAR TABLETS ARE MEANT TO BE CHEWED; EVERYTHING ELSE IN THESE STACKS SHOULD BE SWALLOWED WHOLE.

GRAPSEED EXTRACT: 120MG (OLYMPIAN LABS)

HIGH IN **VITAMIN E** AND FLAVONOIDS, WHICH MITIGATE NEUROTOXICITY BY PROTECTING AGAINST LIPID OXIDATION.

ALCAR (ACETYL-L-CARNITINE HCL): 500MG (NOOTROPICS DEPOT)

ANTIOXIDANT WHICH HAS BEEN SHOWN TO WORK SYNERGISTICALLY WITH **ALA** TO PREVENT NEUROTOXICITY.

EGCG (GREEN TEA EXTRACT - DECAFFEINATED): 670MG (RELENTLESS IMPROVEMENT NUTRACEUTICALS)

POTENT ANTIOXIDANT. **EGCG** IS ALSO A DIURETIC AND HELPS YOU PEE NORMALLY WHILE YOU'RE ROLLING.

CoQ10: 100MG (NOOTROPICS DEPOT)

PREVENTS EXCITOTOXICITY BY HELPING YOUR NEURONS MAINTAIN A HEALTHY CHEMICAL BALANCE.

MDMA MIDSTACK (TAKE 2 HOURS AFTER DOSING YOUR MDMA)

THIS MIDSTACK REPLENISHES KEY PRESTACK ANTIOXIDANTS AS THEY'RE METABOLIZED FOR ONGOING NEUROPROTECTION DURING THE PEAK OF YOUR EXPERIENCE.

◊• NA-R-ALA: 100MG

◊• GRAPESEED EXTRACT: 120MG

◊• ACETYL-L-CARNITINE HCL: 500MG

MDMA AFTERSTACK SUPPLEMENTS (TAKE RIGHT BEFORE BED, AFTER COMEDOWN)

THE AFTERSTACK IS DESIGNED TO RE-UP YOUR SEROTONIN AND PROVIDE A BOOST OF ANTIOXIDANT SUPPORT THROUGH THE NIGHT SO YOU FEEL REASONABLY HUMAN THE NEXT MORNING.

5-HTP: 100MG (THORNE RESEARCH)

MDMA SEVERELY DEPLETES YOUR SEROTONIN RESERVES AND IMPAIRS YOUR BODY'S ABILITY TO REPLENISH THEM. SUPPLEMENTING 5-HTP GIVES YOUR BODY THE RAW MATERIAL IT NEEDS TO PRODUCE MORE SEROTONIN AFTER ROLLING.

EGCG (GREEN TEA EXTRACT - DECAFFEINATED): 670MG
(RELENTLESS IMPROVEMENT NUTRACEUTICALS)

WHEN YOU TAKE 5-HTP, AN ENZYME IN YOUR STOMACH BREAKS A LOT OF IT DOWN BEFORE IT CAN REACH YOUR BRAIN. EGCG INHIBITS THIS ENZYME, ENSURING ALL THE 5-HTP YOU TAKE IS ABSORBED WHERE IT'S NEEDED.

MELATONIN — 300MCG (NOOTROPICS DEPOT)

MELATONIN CONTROLS SLEEP/WAKE CYCLES AND IS ALSO A POTENT ANTIOXIDANT.

MELATONIN IS MADE FROM SEROTONIN AND WILL BE DEPLETED AFTER YOU ROLL, SO TAKING IT BEFORE BED WILL HELP YOU SLEEP BETTER.

VITAMIN C w/ CITRUS FLAVONOIDS:
1000MG (THORNE RESEARCH)

TAKING VITAMIN C BEFORE BED RAISES YOUR URINARY ACIDITY, ALLOWING YOU TO EXCRETE MUCH OF THE MDMA IN YOUR SYSTEM THROUGH YOUR URINE BEFORE IT METABOLIZES TO MORE HARMFUL SUBSTANCES.

CONTRAINDICATIONS

DRUG INTERACTIONS ARE COMPLEX AND YOUR BIOLOGY MAY VARY. WHAT WORKS FINE FOR SOMEONE ELSE MIGHT BE AN ISSUE FOR YOU. IF YOU SEE SOMETHING THAT APPLIES TO YOU ON THIS LIST, LOOK IT UP AND ASSESS THE RISK FOR YOURSELF. THIS LIST IS NOT EXHAUSTIVE, SO IF YOU TAKE MEDICATIONS OR HAVE SIGNIFICANT PHYSICAL MENTAL OR HEALTH STUFF, WE RECOMMEND YOU DO YOUR OWN RESEARCH ABOUT POTENTIAL NEGATIVE INTERACTIONS ANYWAYS.

NA-R-ALA - DIABETES MEDICATIONS (DECREASES BLOOD SUGAR LEVELS)

VITAMIN C - THALASSEMIA, **G6PD** DEFICIENCY, SICKLE CELL DISEASE, HEMOCHROMATOSIS

MAGNESIUM GLYCINATE - KIDNEY DISEASE W/ REDUCED KIDNEY FUNCTION, CERTAIN ANTIBIOTICS

COQ-10 - WARFARIN

EGCG - NOTHING MAJOR WE COULD FIND AT THESE DOSAGES

ALCAR - NOTHING MAJOR WE COULD FIND, THOUGH RARE CASES OF ALLERGY ARE DOCUMENTED

GRAPSEED EXTRACT - BLOOD THINNERS (EX. WARFARIN)

5-HTP - **DXM** (ROBOTUSSIN, DAYQUIL/NYQUIL), **SSRI** ANTIDEPRESSANTS, **LODOSYN**, **DEMEROL**, **TRAMADOL**, **CHLORPHENIRAMINE** (FOUND IN SOME ANTIHISTAMINES)

MELATONIN - **GHB**, **AMBIEN**, **BENZODIAZEPINES**, **BIRTH CONTROL PILLS**, **IMMUNOSUPPRESSANTS**, **ANTICOAGULANTS**, **ANTI-DIABETES MEDICATIONS**, **FLUVOXAMINE**, **VERAPAMIL**

PLAY SAFE AND HAVE FUN!

